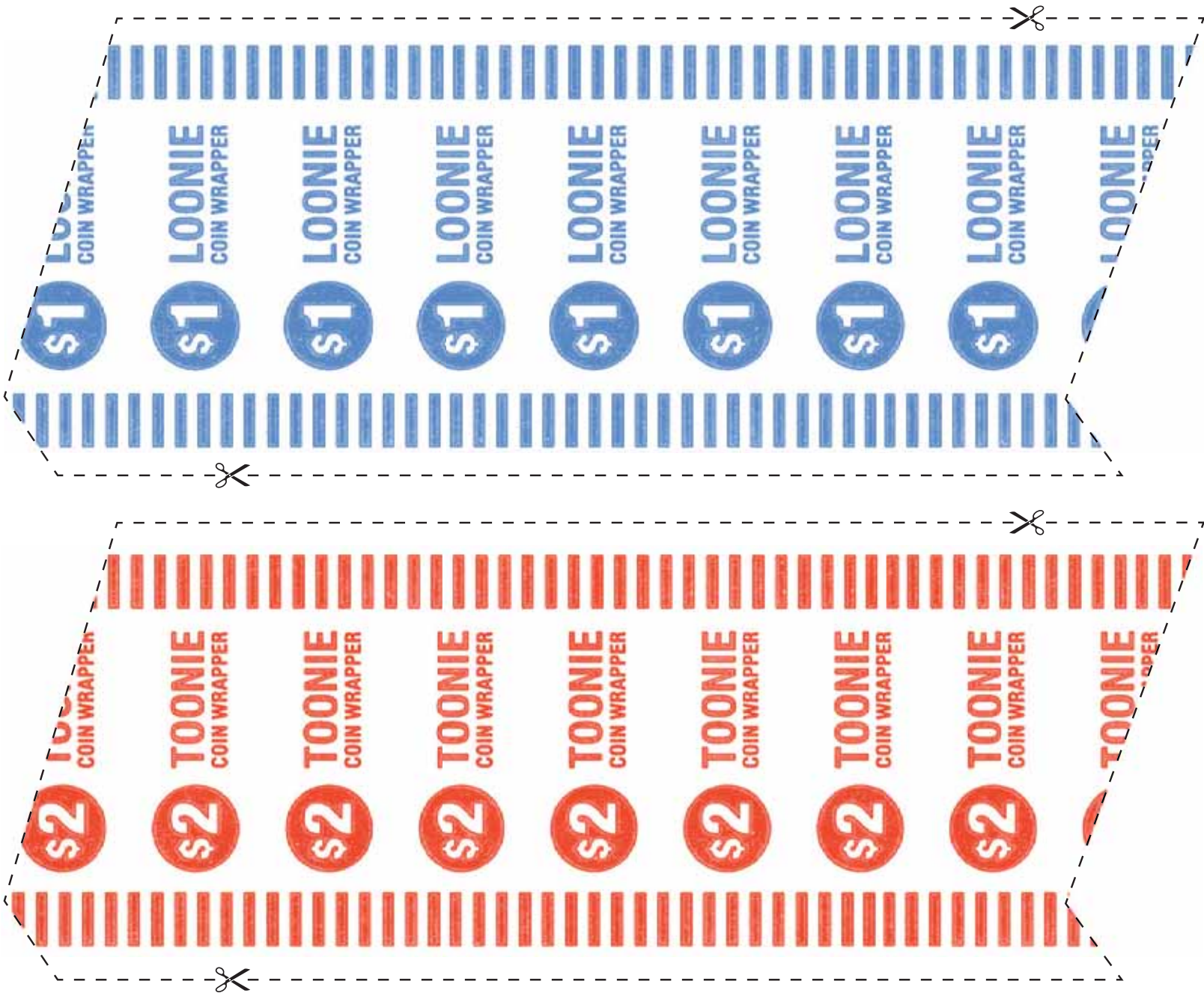


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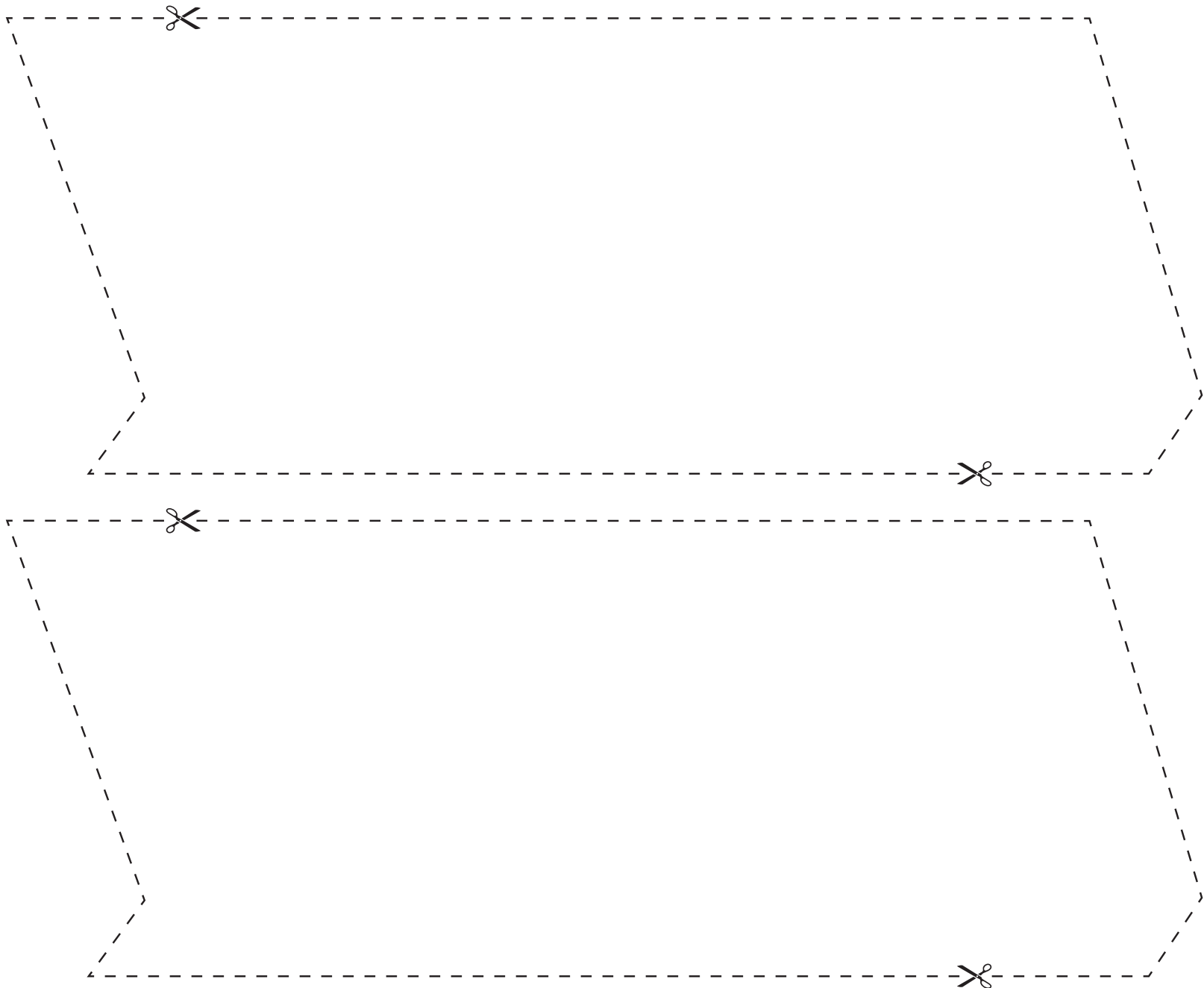


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## SAVING ROCK AND ROLL?

ELTON JOHN'S SURPRISE APPEARANCE ON THE NEW FALL OUT BOY ALBUM PROVIDED A LITTLE GROUP THERAPY FOR PETE WENTZ AND THE BAND

PAGE 14

## Sir Paul to play Ottawa

McCartney to perform Beatles, Wings and solo work at his summer Scotiabank Place show

PAGE 3

## 'Elegant solution'

Ottawa city manager says staff-endorsed Richmond underground LRT is the best way forward

PAGE 4

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**LIVE 88.5fm**

# Mounties foil VIA terror plot



A VIA Rail employee climbs aboard a locomotive at the train station in Ottawa in December 2012. RCMP say two suspects arrested in an alleged terror attack against a VIA Rail passenger train had "direction and guidance" from al-Qaida elements in Iran. ADRIAN WYLD/THE CANADIAN PRESS

## Project Smooth.

Suspects arrested in terror conspiracy linked to al-Qaida in Iran: RCMP

Two men arrested for allegedly plotting to attack a VIA passenger train received "direction and guidance" from al-Qaida elements in Iran, the RCMP said Monday.

The suspects — identified as Chiheb Esseghaier, 30, and Raed Jaser, 35, — were arrested Monday morning in Montreal and Toronto.

"While the RCMP believed the accused had the capacity and intent to carry out these criminal acts, there was no imminent threat to the general public, rail employees, train passengers or infrastructure," RCMP Assistant Commissioner James Malizia said at a news conference.

Dubbed Project Smooth, the investigation was part of a cross-border operation involving Canadian and U.S. law enforcement agencies.

Police said the suspects were conspiring to derail a passenger train but refused to elaborate. They said there is no information to indicate the plot was "state-sponsored."

RCMP Supt. Doug Best said "this is the first known al-Qaida planned attack that we've experienced in Canada."

He said the suspects have been in the country legally for a "considerable period of time" but are not Canadian citizens.

The two men are charged with conspiring to carry out an

## Quoted

"Canada will not tolerate terrorist activity and we will not be used as a safe haven for terrorists or those who support terrorist activity."

Public Safety Minister Vic Toews

attack against, and conspiring to murder, persons unknown for the benefit of, at the direction of, or in association with a terrorist group.

Authorities declined to provide further details about the two suspects, but a spokeswoman for the University of Sherbrooke told The Canadian Press that Esseghaier studied there in 2008 to 2009. More recently, he has been doing doctoral research at the Institut national de la recherche scientifique, a spokeswoman at the training university confirmed.

A LinkedIn page says a man with Esseghaier's name and academic background helped author a number of biology research papers, including papers on HIV and cancer detection. The page carries a photo of a black flag inscribed with the Islamic declaration of faith.

The arrests come only four months after two Canadians were found among militants killed in a terrorist siege at a gas plant in Algeria.

Authorities said Monday the latest arrests were not related to the Algerian attack or last week's Boston Marathon bombings.

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**'Balanced approach'**

## Ont. government will table budget on May 2

Ontario's Liberal government has set the budget date for Thursday, May 2. Finance Minister Charles Sousa made the announcement today in a speech to the Economic Club of Canada. Sousa revised the provincial deficit to \$9.8 billion, down from \$12 billion announced earlier this year. He said the Liberals will take a "balanced approach" to the budget.

Sousa said the government is on track to eliminating the deficit by 2017-18, and part of that is eliminating corporate tax loopholes. **THE CANADIAN PRESS**

**Gas-plant controversy**

## Tories to move non-confidence motion against minority Liberals

The Progressive Conservatives' plan to introduce a non-confidence motion in Ontario's minority government over the cancellation of gas plants is just a headline-seeking gimmick, both the Liberals and New Democrats said Monday.

The NDP, who have been as critical as the PCs of the decisions to cancel gas plants in Oakville and Mississauga to save Liberal seats, refused to say if they'd support the Tory non-confidence motion.

The Tories need unanimous consent to bring the motion to the floor for debate. They say they are very serious about the motion and hope to introduce it before the May 2 budget.

**THE CANADIAN PRESS**

# Feds' Earth Day gift? Oilsands data

A joint venture between the federal and Albertan governments is opening up raw data on oilsands monitoring to the public.

Federal Environment Minister Peter Kent chose Earth Day to announce that joint federal and provincial monitoring of air, water, land and biodiversity in Alberta's oilsands is now available online.

"This joint data portal provides the public ... with on-going access to the credible, scientific data," Kent said at a press conference at Carleton University, where he was joined by Alberta's minister of the environment, Diana McQueen.

"It encourages informed discussion and analysis on the impact of oilsands development."

Users of jointoilsands-monitoring.ca can choose to view the data collected in a map with pins to highlight where monitoring is taking place, or view the raw data in a spreadsheet.

The NDP's environment critic, Megan Leslie, said

the usefulness of the "data dump" remains to be demonstrated.

Kent acknowledged the initiative comes at a time when the federal government is trying to convince both domestic and international audiences that Canada has a handle on the environmental impact of oilsands development.

Federal and provincial politicians have been making the rounds in Washington for months trying to sell the Keystone XL pipeline project.

**ALEX BOULIER/METRO**



Environment Minister Peter Kent  
SEAN KILPATRICK/THE CANADIAN PRESS

# Legend putting it Out There in Ottawa

**This summer.** Sir Paul McCartney will be dipping into old and new repertoire for first time in nation's capital

**Get your tickets**

Tickets for the Ottawa show start at \$49.50 and range in price up to \$275.

Sir Paul McCartney is coming to Ottawa this summer for the first time ever and bringing his Out There tour in tow July 7 at Scotiabank Place.

"The interesting thing is those songs today are being played by teenagers, including my own children," said concert promoter Riley O'Connor, chairman of Live Nation Canada, noting the music legend will play songs spanning his career with the Beatles, as a solo artist and as Wings frontman.

O'Connor urged fans to get their credit cards ready for a mad dash Friday mor-

ning April 26 when tickets go on sale at 10 a.m. "This is going to go very fast," he said.

"This is very exciting news," said Mayor Jim Watson as a giant poster of McCartney was unveiled on the side of the arena.

Last year marked 40 years since McCartney's first tour as a solo artist.

The last four decades have seen him play in a range of venues, including outside the Colosseum in Rome, in Moscow's Red Square, at the White House, a free show in Mexico to over 400,000 people and even a performance beamed into outer space. **GRAHAM LANKTREE/METRO**



Sir Paul McCartney performs during the Opening Ceremony of the London 2012 Olympic Games in London. **LARS BARON/GETTY IMAGES**

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# Underground LRT route pitched

## Western expansion. Project would tunnel under Richmond Road

City staff are endorsing a western LRT expansion that would connect Tunney's Pasture to Base Line Station via an underground tunnel along Richmond Road.

The so-called Richmond Underground route would travel under Richmond between Cleary Avenue and Lincoln Fields. Nancy Schepers, the deputy city manager of all things transit, called the route an "elegant solution" to both the concerns raised by the community and the needs of the city.

"This solution overall makes excellent use of exiting transit infrastructure, (and) is actually the shortest route of all the alternatives," Schepers told councillors and journalists at a technical briefing Monday.

"In addition, this solution protects the Byron Linear Park, maintains community connectivity and improves access to green space, waterfront and the

### Route in detail

#### The Richmond Underground:

- Uses the existing bus rapid-transit route from Tunney's Pasture to Dominion Station.
- Follows old CPR rail tracks south of the Sir John A. Parkway to Skead Street.
- At Cleary Avenue, the trains enter an underground
- tunnel travelling beneath Richmond Road.
- An open-air station near Harcourt Avenue breaks up the underground route.
- Trains re-emerge outside Lincoln Fields.
- The track turns south for a 2.7-km trip to Baseline Station.

pathway network."

A rough estimate puts the total cost of the project at \$900 million, give or take 25 per cent. That's considerably cheaper than running an above-ground route down Carling Avenue.

Kitchissippi Coun. Katherine Hobbs said she likes the new route, adding it will protect the character of the west-end neighbourhoods it serves. Any future transit-oriented development plans, Hobbs pledged, would not plop high-rises into low-rise neighbourhoods.

"We will be very much pro-

tecting the single-family homes of the residents of McKellar Park," Hobbs told reporters.

"We will guarantee that in the zoning, we will guarantee it as we go through this process. That's one of the key things that I will be doing, is making sure that our neighbourhoods are protected."

The full details of the plan can be seen on the city's website. An open house on the western LRT plans is scheduled for Thursday from 6:30 to 9 p.m. at Ottawa City Hall.

ALEX BOUTILIER/METRO



A rendering of a proposed West LRT station on Richmond Road. CONTRIBUTED/CITY OF OTTAWA



The Richmond Underground route would take the westward LRT expansion under Richmond Road. The dotted line shows the section of the route that would be tunnelled. CONTRIBUTED/CITY OF OTTAWA



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## 100 walkers, 6 km, \$20K for clean water

In celebration of Earth Day, walkers with the Ottawa chapter of the Aveda Walk for Water initiative have raised \$20,000 for clean drinking water in African villages. Driven on by the beat of an African drum, 100 walkers lugged a jerry can half-filled with water on a six-kilometre hike down the Rideau Canal and around Parliament Hill to raise money for clean water in an Ethiopian village. Participants posed for a photo at Ottawa City Hall.

GRAHAM LANKTREE/METRO

# Teen says she was too afraid to flee accused teen pimps

**Alleged prostitution ring.** Girl says she feared compromising photos would be sent to family



GRAHAM LANKTREE  
graham.lanktree@metronews.ca

One of the alleged victims of three teen girls accused of pimping out their peers could have made a dash for it when the john taking her back to his place for sex stopped to get money from a bank, suggested a defence lawyer for the trio Monday.

"I was scared I was going to get beat up," countered the girl, who is now 18 and cannot be named due to a publication ban. "They wouldn't take no as an answer," she said as she

was cross-examined following an account of how she was lured online, abused, sexually assaulted and exploited at the hands of two of the girls the night of May 18, 2012.

"She told me that she knows a lot of people in Ottawa and they would find me," the girl said pointing out one of the accused, who along with the other girls faces charges including human trafficking, forcible confinement and procuring for prostitution.

"The pictures they took. I didn't want them being sent out to people. To family members, the public," she said of shots the girls took of the victim scantily clad in a corset after allegedly luring her to one of their homes in southeast Ottawa.

"It was still in my head that they could have sent those out to people. They were texting

guys, I guess, because they got a text message from a guy saying 'yummy,'" the teen said, noting the man offered \$300 to have sex with her.

"I didn't want to have sex with him because it's disgusting and totally against everything I believe in," said the girl of the first john she was introduced to that night, alleging he forced her to have sex without a condom after the girls gussied her up and took her things, including resumés and an iPod before shipping her to the men.

"I was scared that if I was to say no that he would call them and they would come pick me up and get really mad," she said, noting that one of the accused smacked her hand when she tried to remove the thick makeup they had applied. "I was panicking. I said, 'I don't want to do this, I don't want to do this.'"



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Like driving to the U.S. to shop? The Canadian Chamber of Commerce says a proposed tax to cross the border could be a "sizable economic burden." MARIO TAMA/GETTY IMAGES FILE

# Proposed border fee condemned

**Canada to U.S.** New crossing fee needed to fund processing and security, supporters say

**Let the Canucks pay?**

"People feel like ... politicians are taxing people who can't vote."

Michael MacKenzie, executive director of the Canadian Snowbird Association

A proposal to charge travellers a new crossing fee at U.S. land border crossings has drawn criticism in both nations.

The call to study a new levy — contained in the U.S. Department of Homeland Security's proposed budget for 2014 — is needed to defray increased security costs, proponents say.

However, Michael MacKenzie, executive director of

the 70,000-member Canadian Snowbird Association, said Monday that Washington is trying to ease its "desperate financial situation" on the backs of Canadian travellers.

"While we appreciate the fiscal challenges faced by our friends in the United States, we would prefer the U.S. govern-

ment focus on ways to reduce obstacles at the border that hinder trade and tourism," MacKenzie said Monday.

Currently, air passengers pay to enter the U.S. but the fee is included in the price of the plane ticket. Drivers and pedestrians do not pay a specific entry fee, although bridges spanning the border charge tolls that go to the bridge authorities.

The Department of Foreign Affairs said Monday it would "vigorously lobby against this proposal." The Canadian Chamber of Commerce also pledged to lobby against what it called a "serious mistake."

THE CANADIAN PRESS

**Afghanistan**

**Feds won't claw back danger pay**

Prime Minister Stephen Harper says soldiers in Afghanistan won't have to repay extra danger pay they got through an administrative error.

"It's certainly not the fault of the soldiers," he said. "For that reason, (Defence Minister Peter MacKay) has made very clear they will not have to repay those amounts."

After an outcry two weeks ago, the Conservatives also backed away from a plan to reduce danger pay by almost a third for troops training Afghan soldiers in Kabul. THE CANADIAN PRESS

**Child exploitation. Private pics got online? Don't lose hope, urges the PM's wife**

Laureen Harper says that when a young person's private photos go public, families need to know they can do something.

The prime minister's wife is promoting [needhelpnow.ca](http://needhelpnow.ca), which offers tips and resources for fighting online exploitation.

"The website is a way ... to teach children, no, your life isn't over," Harper said.

Earlier this month, 17-year-old Rehtaeh Parsons died after a suicide attempt, which her family says was linked to photos circulating online of an alleged sexual assault.

Rehtaeh's mother Leah is



Laureen Harper THE CANADIAN PRESS

scheduled to sit down Tuesday with Stephen Harper to discuss changes to the Criminal Code regarding the distribution of such images. THE CANADIAN PRESS



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## Religious grounds used

## Egypt suspends prosecutor for citing Qur'an

An Egyptian prosecutor who cited the Qur'an as he ordered police to flog a man with 80 lashes for public drunkenness has been suspended and put under investigation, the prosecutor-general's office said. Spokesman Mahmoud

el-Hefnawi said late Sunday that the country's top prosecutor had ordered Hussein Anani's decision cancelled and a judicial inquiry launched.

The order by Anani comes amid growing fears by some in Egypt that Islamists, emboldened by election wins, are seeking to slowly enshrine a religious system based on conservative interpretations of Islamic law.

THE ASSOCIATED PRESS

## Political manoeuvring

## U.S. aims to get China to help with North Korea crisis

The United States will press China over its forcible repatriation of refugees to North Korea, a U.S. human rights envoy said Monday. He likened the North's vast gulag to that operated by the Soviet Union in the 1930s.

The Obama administration is looking for Beijing to use its leverage over its North Korean ally to tamp down its provocative behaviour and move toward abandoning nuclear weapons.

The prime focus of Washington's policy is on tackling the emerging threat to the U.S. and its allies posed by North Korea's missile and nuclear programs. But King said human rights were also important for U.S. policy. THE ASSOCIATED PRESS

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On Monday people rest near tents set up in the aftermath of an earthquake that struck southwestern China's Sichuan province Saturday. THE ASSOCIATED PRESS

# China shows off disaster-relief skills

**At least 188 people killed.** Refugee camp set up for survivors of quake has everything from phone-charging stations to ATMs

The tent village that sprang up in two days to house quake survivors in mountain-flanked Lushan is no ordinary refugee camp. China's full range of disaster response is on display: Trucks with x-ray equipment, phone-charging stations, bank tellers-on-wheels — even a tent for insurance claims.

The efforts underway Monday in mountainous Sichuan province after a quake Saturday that killed at least 188 people showed that the government has continued to hone its disaster reaction — long considered a crucial leadership test in China — since a much more devastating earthquake in 2008, also in Sichuan, and another one in 2010 in the western region of Yushu.

### Hard lessons learned

The Yushu quake in 2010 killed more than 2,600 people.

- Much of the initial relief after the Yushu disaster came from Buddhist monks and other non-government volunteers, partly because of the remoteness of much of the affected areas.
- "After 24 hours or 48 hours in Yushu, things were not so orderly or settled in," said a doctor at the refugee camp.

"Lushan was so heavily hit and my family's house toppled. It has been such a disaster for us," said Yue Hejun, 28, as he waited to recharge his family's three mobile phones at a charging stall, volunteered by a communications company and co-ordinated by the government in a new addition to the arsenal of services after natural disasters.

THE ASSOCIATED PRESS





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# Bombing suspect's wife knew 'nothing': Lawyer

**Boston slayings.** With her husband dead, wife of Tamerlan Tsarnaev now subject of scrutiny

Her husband is dead, her brother-in-law in hospital with serious injuries. The spotlight has shifted to Katherine Russell, 24, widow of Tamerlan Tsarnaev. What did she know about her late husband's role in the Boston bombings?

Nothing, her lawyer Ama DeLuca told The Associated Press.

"When this was allegedly going on she was working and had been working all week to support her family," he said.

Russell was a home-care worker and worked 70 to 80 hours a week, while Tsarnaev, 26, stayed home to look after their three-year-old daughter, he said.

Russell found out from the news that her husband was

the focus of the largest manhunt in U.S. history.

DeLuca said federal authorities want to question Russell but were still deciding how to proceed.

In the meantime, the young widow's life is being picked apart — particularly her conversion to Islam. Photographs of Russell outside her home in Cambridge

show her in black hijab and black clothing.

An unidentified high school friend told the British Daily Mail tabloid that she was "an all-American girl who was brainwashed" by her husband.

The Daily Mail reported that Tsarnaev was once charged with assaulting his wife. **TORSTAR NEWS SERVICE**



Mourners leave the funeral for Boston Marathon victim Krystle Campbell, 29, at St. Joseph's Church in Medford, Mass. **ELISE AMENDOLA/THE ASSOCIATED PRESS**

## India. 2nd man arrested in rape of five-year-old girl

A second suspect was arrested Monday in the rape of a five-year-old girl who New Delhi police say was left for dead in a locked room, a case that has brought new protests against how authorities handle sex crimes.

Pradeep Kumar, a 19-year-old garment factory worker, was arrested Monday in the eastern state of Bihar, about 1,000 kilometres from New Delhi, and was being brought to the capital, police said.

Police said questioning of the first man arrested in the case, Manoj Kumar, led them to the second suspect. Manoj Kumar, 24, was arrested Saturday in Bihar and flown back to New Delhi. Kumar is a common last name in India, and the two men are not related. The men are accused of abducting, raping and attempting to murder the five-year-old, who went missing April 15 and was found two days later by neighbours who heard her crying in a locked room in the same building where she lives.

The girl was in critical condition when she was transferred



Pradeep Kumar, a 19-year-old garment factory worker, is taken away by police. **THE ASSOCIATED PRESS**

Thursday to the country's largest government-run hospital. Its medical superintendent said Monday that she has stabilized.

For the third day, sporadic protests erupted in at least three places in New Delhi, protesters shouting that police were slow in handling the case.

Delhi police Commissioner Neeraj Kumar admitted Monday that police had erred.

"The station house officer and his deputy have been suspended," Kumar told reporters.

**THE ASSOCIATED PRESS**

### Calgary

## New campaign: Don't Be That Guy

"That guy" is the target of a campaign in Calgary aimed at raising awareness about sexual consent.

The posters are aimed at men, reading: "It's not sex when she's passed out" or "when she's wasted."

The "Don't Be That Guy" posters will be placed in transit trains, buses, bars and clubs.

Joe Campbell of Calgary Communities Against Sexual Abuse says the message is not meant to offend men.

"Within male culture we have to stop viewing the issue of sexual violence as strictly a women's issue, because we all have a responsibility to work towards ending sexual violence."

**THE CANADIAN PRESS**



"That guy" **BILL GRAVELAND/THE CANADIAN PRESS**



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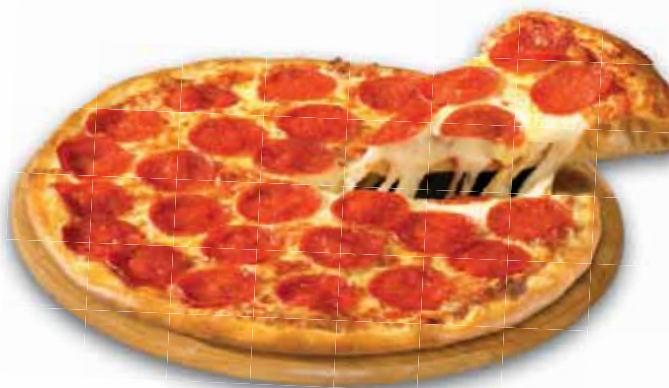
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# Just for Laughs app is 'cheat sheet' for anniversary special

**Social TV.** Watch the show with your cellphone, and look up historical references

Just For Laughs wants to make sure everyone is in on the joke when its 30th-anniversary special hits the airwaves.

People tuning in to Just For Laughs 30th Anniversary: 30/30 Hindsight can download a special app loaded with fun facts so people aren't left scratching their heads when the funny folk start mocking such things as cellphones the size of a brick.

"We've created basically a cheat sheet for viewers," says Bruce Hills, the comedy festival's chief operating officer. The show will be broadcast on CBC on Tuesday.

## Quoted

**"If someone's in their teens and they hear a bit about Dan Quayle, they can go to the mobile app and find out who Dan Quayle is."**

Bruce Hills, chief operating officer of the Just for Laughs comedy festival

The festival's not judging — the Internet page where the app can be found just notes that some people may be too young to get the joke right away or were possibly a little too preoccupied with other things, like sleeping through history class, to get the reference.

"If someone's in their teens and they hear a bit about Dan Quayle, they can go to the

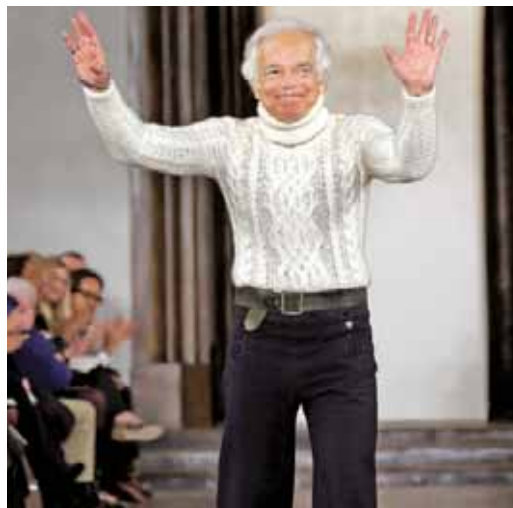
mobile app and find out who Dan Quayle is," Hills said in an interview. (Quayle was George H.W. Bush's vice-president, by the way.)

"You hit it, you can find out who (Ronald) Reagan is, you can find out what a Walkman was or whatever we're referring to. It's done with a sense of humour."

The comedy festival decided to use the app after trying something similar with a TV special on American politics last year. Hills said it's an example of Just For Laughs trying to offer more to fans while spreading its message across multiple media platforms.

He noted that Just For Laughs has more Facebook followers than the high-profile Lollapalooza music event and the South By Southwest festival in Austin, Texas.

THE CANADIAN PRESS



## Ralph Lauren Corp. settles bribery allegations for \$1.6M

Designer Ralph Lauren acknowledges applause after his Fall 2013 collection was modelled Feb. 14 during Fashion Week in New York City. On Monday, federal authorities said Ralph Lauren Corp. settled allegations by the U.S. Justice Department and Securities and Exchange Commission that bribes were paid to Argentine import officials. The New York-based apparel company agreed to give up more than \$700,000 US of illicit profits and pay an \$882,000 US penalty. The firm promptly reported the violations from 2005 to 2009 after discovering them in 2010, terminated culpable employees and a third-party agent, and shut down its offices and stores in Argentina, officials said.

THE ASSOCIATED PRESS FILE

## Germany

### Google fined for illegally recording Wi-Fi information

A German data-protection agency fined Google Inc. about \$189,200 for illegally recording information from unsecured wireless networks — an amount it acknowledged is "totally inadequate" as a deterrent to the multinational giant.

THE ASSOCIATED PRESS

## Market Minute



**DOLLAR**  
97.46¢ (+0.02¢)



**TSX**  
12,090.68 (+25.13)



**OIL**  
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**GOLD**  
\$1,421.20 US (+\$25.60)

**Natural gas:** \$4.26 US (-15¢)  
**Dow Jones:** 14,567.17 (+19.66)

## Marketing mishap

### Nike pulls Boston Massacre T-shirts

Nike Inc. says it has pulled from the market T-shirts emblazoned with the words Boston Massacre in the aftermath of last week's bombing during the Boston Marathon that killed three people and left dozens injured.

The athletic company, based in Portland, Ore., said Monday that it took immediate action last week to remove the products. The shirts were sold primarily at its factory store outlets.

The shirts, which featured blood-splattered lettering, were designed for New York Yankees fans.

The Boston Massacre phrase has been used to describe a pivotal late-season sweep by the Yankees of the rival Boston Red Sox in 1978. That season culminated in a World Series championship for the Yankees. THE ASSOCIATED PRESS



A Boston Massacre shirt for sale at a Nike Outlet. THE ASSOCIATED PRESS

## N.Y.C. Lawmaker proposes raising minimum age for tobacco purchases to 21

New York City Council Speaker Christine Quinn is proposing raising the minimum age for tobacco purchases from 18 to 21.

Quinn announced the proposed legislation on Monday and was joined by Health Commissioner Dr. Thomas Farley, other council members and health advocates.

Texas recently attempted to pass legislation changing

the age from 18 to 21 but it failed. Several states have a 19 age limit for the purchase of cigarettes. The Bloomberg administration recently unveiled a plan to keep cigarettes out of sight in stores until an adult customer asks for a pack.

New York City has had a ban on smoking in bars, restaurants and other indoor public spaces for 10 years.

THE ASSOCIATED PRESS



Women smoke while sitting on a Times Square pedestrian island in this file photo. A new proposal would raise the minimum age for tobacco purchases in New York City from 18 to 21. GETTY IMAGES FILE



## Looking for a New Job?

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# NATIONAL FARE? STICK A FORK IN ME

Earlier this month, the Canadian government launched a three-week food-truck initiative in Mexico City (using taxpayer money, of course) to help promote Canadian cuisine abroad. The rationale behind the truck — which sells “poutine a la Mexicana,” among other dishes — is to increase international awareness about our national culinary offerings. According to a spokesperson for Agriculture Canada, only about a third of Mexicans were able to identify a food product that was typically Canadian. Evidently, it's time to ramp up our PR efforts if we want to make Canadian fare world-famous.

From B.C. Pacific salmon to Alberta beef to Quebec tourtière to P.E.I. potatoes, Canada's culinary identity is all over the map. Literally. There's so much more to us than maple syrup, but our regional gastronomical specialties are as disparate as our geography, and this makes it challenging to define a quintessentially Canadian food.



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

Does Canada's favourite sandwich feature peameal bacon or stacks of Montreal smoked meat? Do we prefer to satisfy our sweet tooth with Nanaimo bars, tarte au sucre or Beaver Tails? I bet we couldn't even agree on a national alcoholic beverage: Perhaps it's a three-way tie between Molson Canadian, Newfoundland Screech and the hangover-curing Caesar.

We're a country of such varying tastes and regional delicacies that it's not too surprising to learn that foreigners have trouble identifying a national dish of the Great White North.

Sometimes the best way to figure out what it is you love about your home and native land is to leave.

In London, England, where the Canadian immigrant population is significant and ravenous, tastes of home are sold at a premium. Boxes of Kraft Dinner and Tim Hortons coffee canisters line the shelves at the aptly named Canada Shop in Covent Garden, where homesick Canucks will

happily join a month-long waiting list for a bag of ketchup chips.

Across the city, Canadian expats Amy Baker and Anya Nikoulina recently set up a patriotic poutine cart in Broadway Market and are doing their part to promote the artery-clogging late-night meal across the pond.

“Everyone that approaches the stall has some kind of story about the dish,” says Baker. “They're either a Canadian living abroad, married to a Canadian or had lived in Canada at some point in their life and tried it ... even the apprehensive British customers have gotten on board with the savoury snack.”

Poutine might be making a name for itself beyond our borders, but there's no way one dish could define the entire Canadian culinary scene. In a country as vast and diverse as Canada, local agricultural differences and cultural traditions have made our cuisine confusing but also unique.

It's these regional differences that make our food interesting and delicious.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

# It's a horse, of course



NASA/ESA/HUBBLE HERITAGE TEAM

## Hubble reveals new Horsehead Nebula

Astronomers have used NASA's Hubble telescope to capture new infrared images of the Horsehead Nebula. The photos mark the 23rd anniversary of the observatory's launch on April 24, 1990. Looking like a horse rising from space foam, the iconic nebula has wowed stargazers ever since its discovery more than 100 years ago. **METRO**



Previous images have been more horse-like but not as detailed.  
CFHT/HAWAIIAN STARLIGHT

## Horsehead's details exposed by infrared

The rich tapestry of the nebula pops out against the backdrop of Milky Way stars and distant galaxies that are easily seen in infrared light.

The backlit wisps along the nebula's upper ridge are being illuminated by Sigma Orionis, a young five-star system just off the top of the Hubble image. Along the nebula's top ridge, two fledgling stars peek out from their now-exposed nurseries. **METRO**

## Clickbait



**HANNAH ZITNER**  
hannah.zitner@metronews.ca

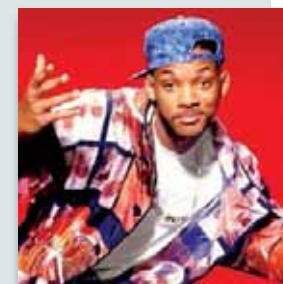
**Voting for 'the Internet's highest honour' closes this week, so if you don't want to see 'cat-friend vs. dog-friend' or 'grandmas watch Kardashian sex tape' rule the Internet, get voting. Go to [webbyawards.com](http://webbyawards.com). Some entries not to miss:**

**Fresh Prince translated:** “Cold, apricot, relaxing all cool, shoot some b-ball outside the school...” Sound familiar? It should. Kind of — at least for children of the '90s. CDZA, the music video collective who brought us *The History of Lyrics That Aren't Lyrics*, translates the lyrics of the mind-numbingly catchy *Fresh Prince of Bel-Air* intro 64 times in Google Translate, and then translates it back into English. @cdzmusic

**Stanley's invisible piano:** Sure, cats playing pianos with their

paws are old hat by now (and Tom Hanks playing with his feet is definitely old hat), but what about a piano that plays itself? Tweet any (well not any, his repertoire at this point is mostly indie) songs to @stanleypiano to hear the invisible piano man play your heart jam.

**Kids react to the world:** The tiny humans may not be so different than us after all. These attention-seeking, question-asking kids also don't understand war, don't like potholes and think talking dogs are completely absurd. @thefinebros



## Comments

**RE: Tributes Pour In After Death Of Rita MacNeil, published April 17**

Prayers for Ms. MacNeil and her family. The Mi'kmaq Community sends their spirit of love, courage and peace to her family. She will be greatly missed. Our condolences....<3

**Marilyn Francis posted to metronews.ca**

I was so heartbroken when I heard of her passing! Last night I watched two full hours of two specials and I

sat there and did not wipe away the tears, but God has another beautiful voice.

**Natalie posted to metronews.ca**

I loved that in the print version they labelled the above tweets as 'prolific!'. Joel Plaskett, Classified, and the guy with the googly glasses from that white trash cable show. Yes how prolific and riveting. Thanks Classified, now she's really been honoured. Maybe next Bieber can try to claim her as a believer. You can't make this stuff up.

**An anonymous reader posted on metronews.ca**

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [ottawaletters@metronews.ca](mailto:ottawaletters@metronews.ca)



## DVD reviews



### Gangster Squad

**Director.** Ruben Fleischer

**Stars.** Josh Brolin, Ryan Gosling, Giovanni Ribisi, Michael Peña, Sean Penn and Emma Stone

●●●●●

Josh Brolin and his fellow Gangster Squad anti-heroes have their work cut out for them fighting Mickey Cohen, the 1940s mobster psychopath Sean Penn plays with visceral glee. But Brolin's Sgt. John O'Mara and his fellow LAPD hard nuts — played by Ryan Gosling, Giovanni Ribisi, Anthony Mackie, Michael Peña and Robert Patrick — are after the wrong villain(s). Better they should be looking for the heinous computer boffins who turned this from a film noir homage into a lurid cartoon, something that seeks the drama of The Untouchables and L.A. Confidential but instead apes the empty theatrics of Dick Tracy. **PETER HOWELL**

### Jurassic Park 3D

**Director.** Steven Spielberg

**Stars.** Sam Neill, Laura Dern, Jeff Goldblum

●●●●●

Adding the extra dimension to Steven Spielberg's 1993 monster thriller turns out to be more than just a 20th-anniversary cash-in. This movie doesn't just stand the test of time, it transcends it. The already impressive T. Rex and velociraptors become more lifelike in 3D. It goes on sale April 23 for those equipped with a 3D Blu-ray player plus specialized TV and glasses (regular Blu-ray and DVD are also available). The film's large amount of violence, mostly of the claw and fang variety, seems more intense now than before. So much so that today's parents have even more reason than those of a generation ago to make sure their younger children can handle the frights.

**PETER HOWELL**



Chicago rock outfit Fall Out Boy: Pete Wentz, left, Joe Trohman, Patrick Stump and Andy Hurley in New York. DAN HALLMAN/INVISION/AP

# Oh Boy! Elton helps Save Rock and Roll

**Fall Out Boy's latest release.** English legend joins Chicago rockers on new album along with some other famous faces

When Fall Out Boy learned that Elton John was a fan of their music, they jokingly thought he might want to record with them. As it turned out, he did.

"We were nearly done with the album," lead singer Patrick Stump said in a recent interview. "I think we were mixing at that point, but he said, 'Yes' and we were like, 'Oh, wow. OK, yes.'"

The Chicago-based rockers halted the mixing process of their fifth album — their first in five years — and Stump flew

to Atlanta to record with the veteran rocker.

John is featured on the title track of *Save Rock and Roll*, released last week. Band members say the title of the album is "tongue-in-cheek," but they're also serious about their choice of words.

"It hits on ... 'Why are we the only ones that are saying this?'" said frontman and bassist Pete Wentz. "But at the same time, it's kind of a joke. But if it means something to you, then it's not really that much of a joke."

Stump said John's inclusion on the title track really drives home their point. "He actually spoke up for the album's title. He came in and was like, 'Love the album title. Love where this is going. This is great,'" Stump said. "And that was really special for us to have him support us like that."

Just before the John-featured tune plays on the 11-track set, there's the song *Rat a Tat*, featuring Courtney Love.

"We've had a couple different run-ins just over the years, you know, just ones where you're like, 'I had 17 drinks last night and I ran into Courtney

Love,'" Wentz recalled with a laugh.

"It's important for girls to understand that they don't need to just be coat hangers for boys, it's not all about being groupies," he said. "So we thought it would be important to have an iconic female voice on the album, and Courtney screams rock 'n' roll."

Fall Out Boy released their debut album in 2003. They are known for their alternative punk rock sound and Top 10 pop hits, including *This Ain't a Scene, It's an Arms Race*, *Dance, Dance and Sugar, We're Goin' Down*. The album's first single, *My Songs Know What You Did in the Dark (Light Em Up)*, is a Top 40 hit that was remixed by 2 Chainz, who stars in the song's music video.

"We're big, big 2 Chainz fans," Wentz said of the ubiquitous rapper. Added guitarist Joe Trohman: "He works hard." 2 Chainz and rapper Big Sean's appearances balance the rock heavyweights on *Save Rock and Roll*, which the band will promote on a U.S. tour that kicks off May 14 in Milwaukee. (They'll also hit the road internationally this summer and

## Girl power

**"We thought it would be important to have an iconic female voice on the album."**

Pete Wentz, bassist for Fall Out Boy  
On why Courtney Love was asked to feature on their new album

will return to the U.S. for a fall tour.)

A year after releasing 2008's *Folie à Deux*, the foursome, which includes drummer Andy Hurley, took a break from recording together. There was speculation the group had split up. "No, we never broke up," Trohman said. Wentz quickly jumped in, saying, "No, but I think that it's like, I don't know. ... When we were taking time off and it was like ... we could be back in 20 years or maybe we won't ever come back. I think that was the great thing about how we took time off and it kind of allowed it to be healthier that it didn't put a return date on it."

"It wasn't like we were a library book being checked out," Wentz added. **THE ASSOCIATED PRESS**

## Elton speaks

**"He actually spoke up for the album's title."**

Patrick Stump, lead singer of Fall Out Boy  
On Elton John's feelings toward their recent album called *Save Rock and Roll*



# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



### Lacking the X-Factor – Host Kardashian gets the boot



**THE WORD**  
Dorothy Robinson  
scene@metronews.ca

A watchable reality TV star does not a good host make. Khloe Kardashian has been booted off Fox's The X Factor, while her co-host Mario Lopez will remain for the third season.

"Khloe Kardashian will not be returning to co-host The X Factor," the show's producers said in a statement. "We really

enjoyed working with her and wish her all the best in her future endeavors." (Translation: One, big, long fart noise.)

Lopez will join returning judges Simon Cowell and Demi Lovato, with at least one more judge yet to be announced. "I'm thrilled Mario is back for season three of The X Factor," said Cowell in a statement. "Hosting a live show and keeping the judges — especially Demi — in line, is not an easy job, but Mario is a pro and we are glad he's coming back."

Mario Lopez, you sly, well-oiled, muscular fox. Who would have thought the dude who made sitting backwards in a chair popular would be the most successful graduate of Saved By The Bell?



Ozzy Osbourne

### Despite coming clean about his vices, Ozzy could still lose wife Sharon

Ozzy Osbourne may have come clean about his recent battles with drugs and alcohol, but that doesn't mean the public gesture was enough to patch things up with wife Sharon Osbourne, according to the Daily Star. "She just wants out at this point," a source

says. "Ozzy seems to think he can win her back, but Sharon isn't so sure as she's been living in a private hell." Exactly what kind of a private hell are we talking about here? "He kept accusing Sharon of trying to kill him. It was heartbreaking for her," the source says.



Reese Witherspoon. ALL IMAGES GETTY

### Witherspoon embarrassed after brush with the law

With the mugshot (above) from her arrest in Atlanta for disorderly conduct making the rounds, Reese Witherspoon is speaking out about the headline-making incident.

"I do want to say I clearly had one drink too many and I am deeply embarrassed about the things I said. I was frightened for my husband, but that is no excuse. I was disrespectful to the officer who was just doing his job. I have nothing but respect for the police and I'm very sorry for my behaviour."

Witherspoon reportedly got into an argument with an officer after husband Jim Toth was pulled over on suspicion of driving while intoxicated. Both were arrested and briefly jailed.



Justin Bieber ALL IMAGES GETTY

### Are Bieber and Gomez are back on?

Justin Bieber seems to want to say something about the state of his relationship with ex-girlfriend Selena Gomez. After Gomez met up with him in Norway this weekend, Bieber posted a cosy photo of the pair on Instagram — then promptly deleted it. In the short-lived snap, Gomez is seen nuzzling up to a sleepy-eyed Bieber. Sources say that after rendezvousing in Oslo, Gomez tagged along with Bieber to Copenhagen for his next tour stop.



## Twitter



**@oliviawilde**

The only thing I resent twitter for is ruining the word "twitterpated" which \*was\* a solid go-to in my daily dialogue.



**@SarahKSilverman**

Dear House of Representatives, Who exactly are you representing?



**@jason\_mrj**

Just invited friends over for dinner but forgot to add, "Friday." Apologies to those who came over to a dark house.

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# Are you a sugar addict?

**Quiz.** Dr. Joel Fuhrman, best selling author of *The End of Diabetes*, puts you to the test and helps you figure out if you're running on a sugar high

ROMINA  
MCGUINNNESS  
life@metronews.ca

Do you shake, sob or shout if you run out of peanut butter M&Ms and the shops are shut for the day? According to nutritional researcher Dr. Joel Fuhrman, sugar addiction is just as serious as being hooked on cocaine.

"Because they tend to be especially palatable, these foods activate reward pathways in the brain and produce toxic withdrawal symptoms often misinterpreted as hunger, driving us to eat even more," he tells Metro.

But unlike drugs, sugar is legal and inexpensive, he warns.

## 1. Breakfast is:

- A** Fruits, nuts, vegetables or a whole grain product.
- B** Unsweetened cereal with soy or almond milk.
- C** Conventional, sweetened cereal with cow's milk.
- D** A donut and a cup of coffee with sugar.



## 2. Throughout the day you drink:

- A** Water or herbal tea
- B** Coffee or tea, plain with no sweetener.
- C** Diet soda
- D** Sugary soda, coffee or tea

## 3. Mid-afternoon, you feel:

- A** Energetic, as always.
- B** A little sluggish ... but you can still function productively.



- C** Slow. You reach for a cup of coffee or a diet soda in order to make it to the end of the day.
- D** Burned-out. You can't focus until you've had a chocolate bar and a can of full fat coke.

## 4. You're eating a sugary dessert ... you feel:

- A** It's just not worth eating such junk.
- B** Enjoyment.
- C** A little happier.
- D** Euphoric. The moment it passes your lips, all your problems seem to dissolve.

## 5. Fresh fruit is:

- A** Wonderfully sweet and delicious. You eat your five-a-day.
- B** Tasty. You have at least one piece of fruit every day.
- C** OK, but you'd rather have apple pie than an apple.
- D** Completely unappealing. You're more into cupcakes.

## 6. After one last bite of your favourite chocolate fudge

## brownie ... You:

- A** I do not eat sugary foods.
- B** Feel satisfied But then you move on with your day.
- C** Are tempted to eat more, but force yourself to stop.
- D** Completely lose control and whoops, there goes the whole tray. Now you feel super guilty.

## 7. Whoa sugar craving. How do you cope?

- A** This rarely happens, but when it does, you get on with your day, knowing that it will pass.
- B** Remind yourself that the food is not bringing you closer to your goal of excellent health, and eat a piece of fruit instead.
- C** Find another sugary alternative in the house to quell the craving.
- D** Go out and buy whatever it is you're craving, because you can't think about anything else.

## 8. It's been a long, hard day ... so you:

- A** Get some exercise and try to relax.



- B** Space out in front of the TV, with a stiff drink.
- C** Allow yourself one slice of cake, or one piece of candy.
- D** Binge out on ice cream and candy.

## 9. If you go without sugar for a few days, you feel:

- A** No different. You rarely eat



sugar.

- B** Brighter and more energetic.
- C** Tired and your head hurts.
- D** Weak and anxious. You also suffer from significant headaches and fatigue.

## 10. The idea of giving up sugar sounds:

- A** Easy, since you almost never eat it anyway.
- B** Like a healthy thing to do. But you want to have sugary foods occasionally.
- C** Good, but you don't think it's possible.
- D** Scary. Sugary foods are your comfort during times of emotional distress.

## 11. The feelings you perceive as hunger are:

- A** A drawing sensation in the throat, but it's not very uncomfortable.
- B** A grumbling stomach.
- C** Light-headedness and headaches.
- D** Headaches accompanied with anxiety, and the inability to concentrate.

## Add up your score:

- 0 points for each "a"**
- 2 points for each "b"**
- 3 points for each "c"**
- 5 points for each "d"**

## Results

**0-12 points.** You're a health-conscious abstainer. You're aware of the dangers and addictive nature of sugar, so you don't include it in your diet. Instead, you choose to curb your cravings with things like fresh fruit.

**13-27 points.** There's some room for improvement in the nutrient density of your diet, but you do limit your sugar intake. Because you try and avoid eating too sweet, you don't often experience the addictive drives associated with these foods.

**28-43 points.** You're not dangerously addicted yet, but probably on your way. You're accustomed to excessively sweet tastes and frequently feel the drive to over consume sugar-laden foods. You rely heavily on your willpower to limit your portions. But even a little bit of sugar can cause your brain to demand more, and addictive drives usually overcome willpower.

**44-55 points.** Sorry, but you're addicted and you're probably aware that your need for sugar is harming your health. But you feel helpless and so far, have been unable to break the habit. Bad habits can be broken and your health will be restored.



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Best Health

## 8 ways life is better when you're fit



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

We all know exercise will help us live longer, be happier and sleep better. That should be motivation enough to be more active, but the little everyday bonuses are strong incentives, too. Here are eight ways that life is better when you're fit.

### Look good

You can slip on that sundress or tank top knowing that your "bat wings" are a thing of the past.

### Live good

You no longer miss the bus and you can run that block to catch it.

### Feel good

You have the energy to keep up with your kids.



Live happy. ISTOCK PHOTOS

### Keep running

No more standing on crowded escalators, you're the one nipping smartly up the stairs.

### So fresh, so clean

Your complexion is smoother and fresher-looking — for free.

### Live strong

Since your core muscles are stronger, you don't have to hang onto the pole on the bus or subway.

### Fun in the sun

You actually look forward to the "beach" part of a beach vacation.

### Guilt-free living

You've got more muscle, so you burn calories faster — allowing for guilt-free desserts.

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# Drescher dedicated to the cause



Fran Drescher is helping raise cancer awareness issues. HANDOUT

**Health issues.** The actress is lending her support to the Carcinogen-Free Label Act, being debated in U.S. right now

Fran Drescher's commitment to eradicating cancer is a personal one. After a series of misdiagnoses, Drescher was diagnosed with uterine cancer in 2000.

In 2002, she wrote Cancer Schmancer about her experiences and met many women who told her that her journey mirrored their own. Inspired, Drescher started the Cancer Schmancer movement and

### No more tears

**"At the end of the day, consumerism and purchasing power is all you need."**

**Fran Drescher**  
Speaking about how her NGO was able to force Johnson & Johnson to change their ways.

Cancer Schmancer Foundation to advocate prevention methods and early detection.

One of her prevention programs is Trash Cancer, which offers guidance on living a toxic-free lifestyle, starting in the home.

Through Trash Cancer, Drescher is also lending support to the Carcinogen-Free Label Act, a bipartisan bill introduced to Congress that seeks to create a label similar to the "organic" label.

"We were one of the NGOs that put pressure on Johnson & Johnson. They are an enormous company, and once everyone caught wind of the fact that the No More Tears shampoo is loaded with formaldehyde, they changed their formula. It does work. At the end of the day, consumerism and purchasing power is all you need," Drescher said.

"The place we spend the most time in is our home, and that's the place that we have the most control over. Rather than feeling scared as we see cancer closing in around us, why not do something about it?" **METRO WORLD NEWS**

Advertisement

## Finally A Weight Loss Plan That Works

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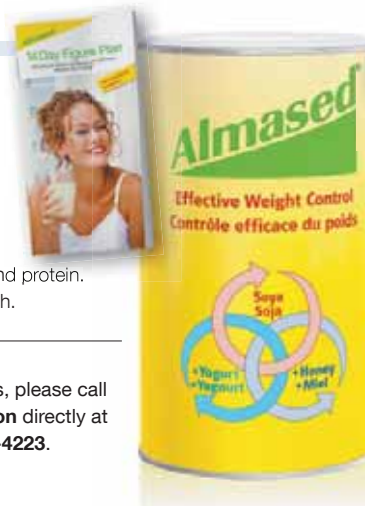
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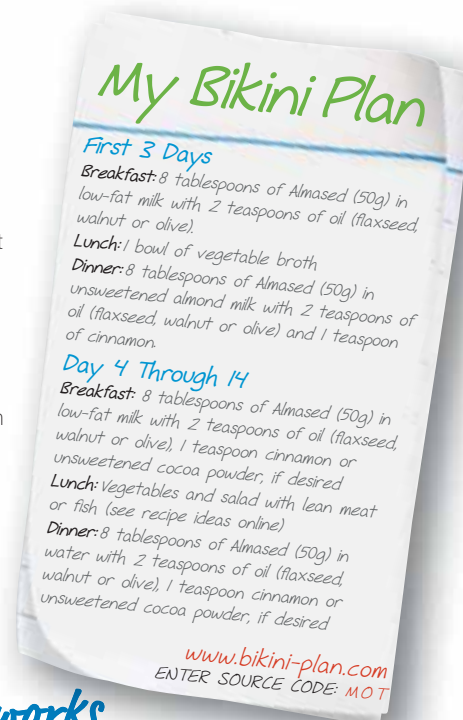
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Trying to impress someone special with a tony dinner but need an etiquette polish first? Metro's very own Charles the Butler — Charles MacPherson — is out with a new book, *The Butler Speaks*, offering a return to proper manners, stylish entertaining and good housekeeping. Here is his refresher on how to properly set a table.

# Setting the standard in etiquette



**CHARLES THE BUTLER**  
askcharlesthebutler@metronews.ca  
For more, visit charlesmacpherson.com

While fashion in table settings has changed over the centuries, affecting the flatware, glassware and china we use, the method of setting a table remains exactly the same.

This is the basic method I recommend:

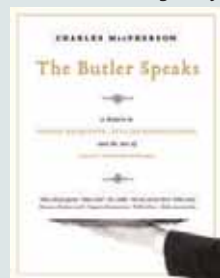
1. Set just one place setting first. Don't try to set the entire table at once as there will just be more to undo if you don't like how it looks. Make sure the placement is correct and that you are happy with it.

2. Next, take the rest of the chargers or main course plates and place them around the table where you want to set all the other place settings. Keep the spacing between settings equidistant. Once they are properly positioned, organize utensils and glassware around them.

3. Check for symmetry. Why do we care so much about this? Because the human eye loves symmetry. When things are not symmetrical our eye sees imperfection.

## The Butler Speaks

This excerpt from *The Butler Speaks* is courtesy of Appetite by Random House, randomhouse.ca. It is available in bookstores nationwide starting today.



## On the web

Think you are as entertaining and manners-savvy as Charles the Butler? Visit metronews.ca to take our quiz.



Below, I include four different styles of place setting. Each is subtly different from the next. Interestingly, most cultures eat using utensils, and most also begin with utensils on the outside of a place setting, working inward towards the plate.

## The American place setting

In this setting, the glasses form a diamond shape above the cutlery, with the first glass placed directly above the main course knife (inside, right). The dessert spoon and the fork are at the top of the plate, and above them is the place card. Guests use the cutlery from the outside moving in. This place setting starts with a soup course (spoon, outside right), moves on to a salad (fork, outside left), a fish course (middle fork and knife) and a meat course (inside fork and knife).



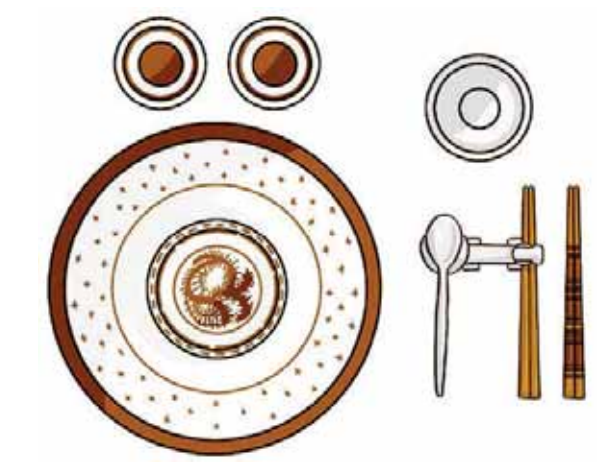
## The European place setting

In this setting, the glasses are placed on a diagonal on the right of the plate. Individual salt and pepper shakers are placed above the plate. The spoon (outside, right) is for the first course, soup. The next fork and knife are for the second course (fish), and the final inside set is for the main meat course. The fork closest to the plate is for salad, which in this meal will be served last. Cutlery for dessert will be offered later. Sometimes it is placed closest to the plate, though not in this drawing.



## The Chinese place setting

In China, there is no standard for formal place settings at tables as is common practice in the Western world. In fact, the focus is on the food rather than the place setting. The diagram shows a typical place setting, but it can easily be changed to suit your needs without making any errors of etiquette.



## The French place setting

Traditionally, the French place setting in a residence does not include a bread and butter plate, or a knife for the salad course. And although the cutlery is laid out the same way as in American and British settings, the forks and spoons are turned over. The reason? French family monograms are engraved on the back of the cutlery, so it's placed face down to show that it's real silver.





# Smoothness is a science with this Modernist Potato Purée

As with most modernist recipes, accuracy is key. We've provided volume equivalents of most ingredients, but for

best results use a digital scale and weigh things out. Diastatic malt powder is the secret to making these dairy-free

puréed potatoes smooth and creamy. It is widely available online, as well as at brewing supply shops.



This recipe makes 4 cups of puréed potatoes and takes two hours from start to finish. THE ASSOCIATED PRESS

1. Fill a large pot halfway with hot tap water. Set the pot over very low heat. Maintain the water temperature at 125 F. To hold this temperature, you may need to turn the heat on and off occasionally.

2. Meanwhile, peel the potatoes and cut them into 1-inch cubes. Measure about 7 1/3 cups of the potato cubes. Reserve any excess for another use.

3. Place the potatoes in a second large pot with 2 litres (about 2 quarts) of water. Add the salt and sugar, then bring to a boil. Reduce the heat to maintain a simmer and cook until the potatoes are very tender, 30 to 40 minutes.

4. Drain the potatoes, then

transfer them to a food processor. Add the malt powder, then process until smooth and sticky. Transfer to a large, zip-close plastic bag, pressing out as much air as possible before closing. Place the bag of potatoes in the pot of 125 F water and cook in this manner for 30 minutes.

5. Empty the potatoes from the bag into a clean pot, then heat gently to at least 167 F. Season with salt and serve immediately.

THE ASSOCIATED PRESS

## Ingredients

- 2 1/2 lbs Yukon gold potatoes
- 2 tbsp salt, plus additional for seasoning
- 1 1/3 tbsp sugar
- 1 tbsp diastatic malt powder

## Health Solutions

### There's no 'P' in asparagus?



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

Let's just get that asparagus pee myth off the table. Ewww. It was once thought that the strong, ubiquitous urine scent was only produced by some. In fact, it is produced by all of us but about 22 per cent can't detect the smell. The only way to test is to let someone else come into the loo if you can't smell it. Now that's spring fun — nutritionist style! Asparagus is a fast growing shoot that de-

livers Vitamin K, Vitamin A and folate.

The typical way of cooking asparagus is to snip off the woody ends and poach for a few minutes, pulling them out before they become grey or mushy. But here are a few more ideas:

• Roast on a pan in the oven at 425 F for 15 minutes, sprinkle with sea salt

• Chop and add to soups for the last 5 minutes

• Chop and steam, sauté in chicken broth for 5 minutes covered

• Wrap in prosciutto and bake at 350 for 15 minutes

• Poached, cooled and served with a curry yogurt dip

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



## Snack. Cedar-planked Pecan, Bourbon and Brown Sugar Glazed Brie

### Ingredients

- Cedar grilling plank (about 6-by-8 inches)
- 1/2 cup packed dark brown sugar
- 1/4 cup chopped pecans
- 2 tbsp dried cherries and/or chopped dried apricots
- 1 tbsp bourbon
- 8 oz round brie
- 1 tbsp no-sugar raspberry jam
- 1 Granny Smith apple, cored and thinly sliced
- 1 pear, cored and thinly sliced
- 2 tbsp lemon juice
- Small bunch of grapes
- Water crackers, to serve



4. Place the brie on the wet cedar plank. Spread the jam over the top of the cheese. Spoon the fruit and nut mixture over the jam. You may not need all of the nut mixture. Place the plank with the brie either on the grill grates or on a cookie sheet in the oven.

5. Either way, cook for 10 minutes, or until the brie is slightly softened and the sugar melts. Meanwhile, in a medium bowl, toss the apple and pear slices with the lemon juice. Arrange the slices and grapes around the side of the brie. Serve on the plank with a cheese knife. Serves 6.

THE ASSOCIATED PRESS

1. Soak the cedar plank in water for at least 30 minutes. If necessary, weigh it down to keep it submerged.

2. Meanwhile, in a small bowl stir together the brown sugar, pecans, dried cherries and bourbon. This step can be done up to a week ahead. If so, cover and refrigerate until needed.

3. Heat the grill to indirect medium heat. The cheese also can be prepared in the oven. For the latter, heat it to 400 F.

# Bean there, done that: Favas give this burger their best

If you buy fresh fava beans, you'll need to peel and cook them. To do this, remove the beans from the pods and cook in boiling salted water until just tender. Depending on the size of the bean, this should take 2 to 8 minutes. Drain and transfer to a bowl of ice water. When cool, slip the skins off the beans and proceed with the recipe. Some grocers also sell fresh or frozen peeled favas. If you can't find favas, substitute frozen lima beans.

1. In a large skillet over medium, heat 1 tablespoon of the oil. Reduce the heat to medium low, add the onion and cook until softened, about 5 minutes. Add 1 teaspoon of the garlic, the cumin, coriander and paprika, then cook for 1 minute, stirring. Transfer to a medium bowl.

2. In a food processor, pulse the fava beans just until they are coarsely chopped. Transfer 1/2 cup of the chopped favas to the onion mixture.

3. To the food processor, add the egg, tahini, 1/2 teaspoon

## Ingredients

- 4 tbsp extra-virgin olive oil, divided
- 1/2 cup finely chopped yellow onion
- 1 1/2 tsp minced garlic, divided
- 3/4 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp hot smoked paprika or cayenne pepper
- 1 3/4 cups shelled peeled fresh fava beans or frozen lima beans (thawed)
- 1 large egg, lightly beaten
- 2 tbsp tahini (stir well before measuring)
- Kosher salt and ground black pepper
- 1 cup plain non-fat Greek yogurt
- 4-inch slice seedless cucumber, coarsely grated (about 1/2 cup, packed)
- 3/4 cup panko breadcrumbs

of salt and pepper to taste. Process the mixture until finely ground, then stir it into the onion mixture. Cover the mixture and chill it for 30 minutes.

4. While the mixture is chilling, in a small bowl combine the yogurt, the remaining 1/2



This recipe serves 4 and takes one hour from start to finish.

THE ASSOCIATED PRESS

teaspoon garlic, the cucumber and salt to taste. Set aside.

5. Shape the chilled falafel mixture into 4 patties (the mixture will be loose). Spread the panko on a sheet of parchment paper and dip the patties into the crumbs to coat on all sides.

6. In a large nonstick skillet over medium, heat 1 1/2 tablespoons of the remaining

oil. Add the falafel patties and cook until crisp and golden on one side, about 3 minutes. Add the remaining 1 1/2 tablespoons of oil and turn the patties; cook for another 3 minutes, or until crisp and golden.

7. To serve, transfer the patties to serving plates and top with yogurt sauce.

THE ASSOCIATED PRESS



# Young Canadian with no job? You're not alone



You might need a better resume than this to get your foot in the door. ISTOCK IMAGES

**Alison on money.**  
Unemployment and under-employment still a concern for people with university degrees



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

I'm not an employment expert but I'm becoming one, especially for young workers. As my daughter attempts to find full-time work after graduating with a two-year culinary degree from George Brown College in Toronto, I am seeing first hand the difficulty of getting that first foot in the door.

This is the time of year when young people are transitioning from school and according to the Certified General Accountants (CGA) of Canada this is one of the toughest times in our working lives.

On the plus side, a recent CGA report, based on 2011 data, discovered that close to

half found work within four weeks and the average length of time that youth (under age 24) were unemployed was 11 weeks. Surprisingly, that figure is actually below the length of time experienced by young workers 25 to 29.

Also, young workers are twice as likely to suffer from long-term unemployment of a year or more.

These figures could be explained by the fact that the youngest job hunters have less post-secondary education and are in the lower paying jobs in the retail and service sector.

Many are blaming the boomers (and I'm one of them) for crowding out all those youngsters. The post-war generation is supposedly working longer or going back to work and keeping youth from getting in the door.

But according to the CGA report it isn't so. There are only two areas where younger and older workers are competing — sales and service and clerical occupations.

Clearly, if you are young and hoping to find a less crowded field, areas such as health services, applied sciences and computer and information systems

## Unemployment rates

- 15.2 per cent youth unemployment during the Great Recession.
- 19.2 per cent youth unemployment during the early 1980s recession.

may offer the highest chance of success.

While the CGA report shows a rosier picture for young workers and pokes at a few myths about old farts keeping the millennial generation from jobs, there are still concerns. One in particular is the high rate of under-employment for those young workers with university or equivalent degrees.

The report noted that roughly a quarter of this age group couldn't find work in their field. These statistics were taken from 2005 but post-recession there isn't likely to be an improvement.

In the end, almost nothing is more important to the health of society than an employed citizenry. It should be the key driver of government policy.

# Get your financial house in order

It's hard to stay organized in any aspect of life, but keeping your financial records in order is one of the most important things you can do to help your family should a crisis occur.

A recent poll conducted by Leger Marketing for the Canadian Life and Health Insurance Association (CLHIA) showed that only one in four Canadians could easily locate their vital documents. Let's make 2013 the year that we all get organized to lessen anxiety when the unexpected happens.

Here are some suggestions to get on the right track.

## Step 1

Collect all of your financial records such as insurance policies, bank account and safety deposit box information, investment statements and more.

## Step 2

Collect your personal data such as wills, powers of attorney, social insurance numbers, passport numbers, health records, computer passwords, etc.

## Step 3

Once you have all your records gathered together, set up a filing system to organize

the information. The Virtual Shoebox, located at clhia.ca, is a free online tool that can help you save important personal and financial information in one place so that family members can easily locate them in an emergency.

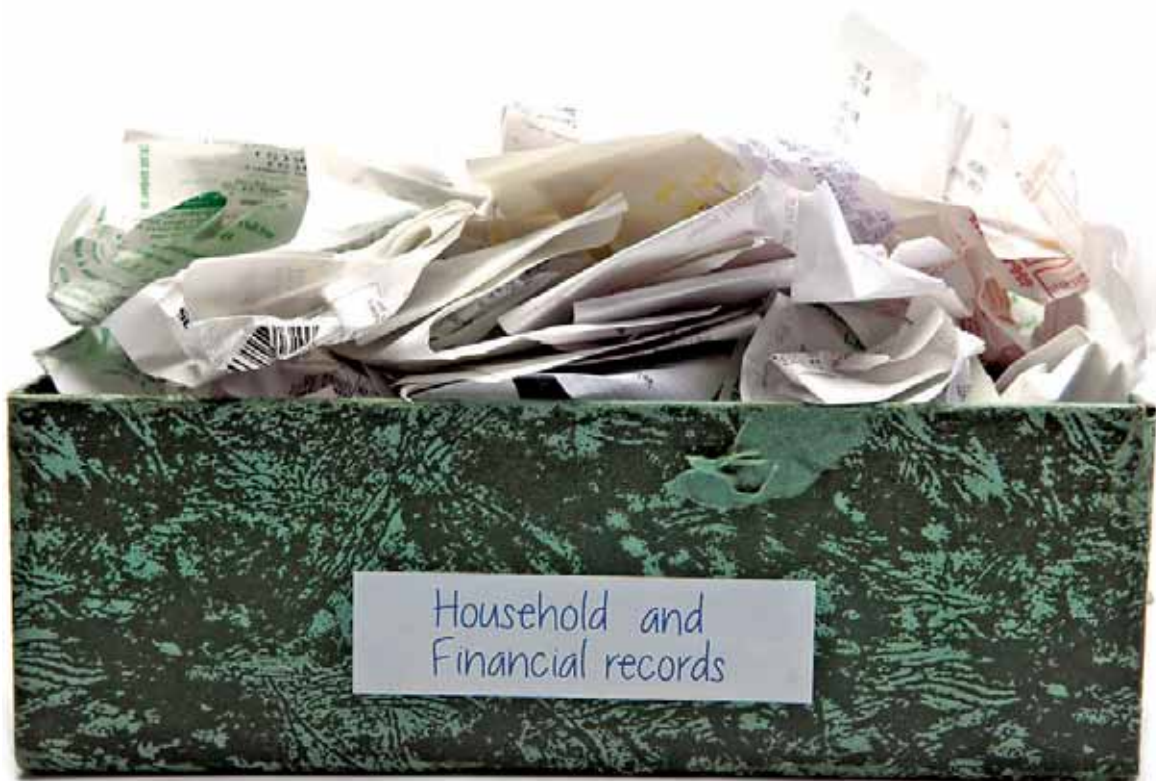
## Step 4

Make sure you store this information in a safe place such as a secured folder on your computer, a safety-deposit box or in a locked fireproof box.

## Step 5

Finally, be sure to tell key family members or friends or your lawyer where this information is stored so they can find it easily and quickly.

"It's so easy not to think about it now, but taking a few minutes to organize important documents can be such a relief, especially when disaster strikes. Not only does it make our lives easier, but it can make a world of difference to a loved one who has to locate this information," says Wendy Hope, the vice-president of external relations for CLHIA. "Organizing key information can help save time and money, and lessen anxiety for all concerned." **NEWS CANADA**



Make sure you have all your vital documents organized. NEWSCANADA



NBA

## Knicks' J.R. Smith named Sixth Man of the Year

J.R. Smith won the NBA's Sixth Man of the Year award Monday after turning a role he didn't want into one of the strengths of the New York Knicks' first division championship team in nearly two decades.

Smith received 484 points, including 72 first-place votes, from a panel of 121 writers and broadcasters. Smith averaged 18.1 points in 80 games, all off the bench.

THE ASSOCIATED PRESS

QMJHL

## Armada release NHL prospect after he deserts team

The Blainville-Boisbriand Armada released New Jersey Devils prospect Stefan Matteau on Monday for deserting the team following a playoff game.

General manager Joel Bouchard said the club had to uphold its rules and values even when it is in the midst of a playoff series. The Armada trail the Baie-Comeau Drakkar 2-0 in a best-of-seven Quebec Major Junior Hockey League semifinal series.

Reportedly unhappy with his ice time, 19-year-old Stefan Matteau did not get on the team bus after a loss in Baie-Comeau, Que., on Sunday, but rode back home on a fan bus instead.

THE CANADIAN PRESS

NBA

## Sun sets on Phoenix GM

Lance Blanks' short run as Phoenix Suns general manager is over.

The Suns announced on Monday that they were parting ways with Blanks after the second-worst season in franchise history and third straight year of missing the playoffs.

"Lance has been a trusted friend and colleague," Suns president of basketball operations Lon Babby said in a statement. "I thank him personally and professionally for his hard work on behalf of the Suns. We will continue to prepare for the off-season even as we look for his replacement."

THE ASSOCIATED PRESS



## Playoffs still a win away for Senators

Pittsburgh's Dustin Jeffrey, not pictured, scores on Senators goalie Craig Anderson as Pascal Dupuis skates to the crease on Monday night at Scotiabank Place. The Senators will have to wait for another night to clinch a playoff spot after Winnipeg's 2-1 win in Buffalo on Monday, keeping the Jets mathematically in the playoff picture. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

# Habs' full effort absent since clinching spot

**NHL.** Canadiens hope to find their game on season-ending three-game road trip

Quoted



"Tough stretches happen and ours came at this time. As long as we're ready for the playoffs I don't see a big problem."

Canadiens centre Lars Eller

The air went out of the Montreal Canadiens after they clinched a playoff spot almost two weeks ago.

Centre Lars Eller hopes they get some energy back as they close the NHL regular season with three games on the road.

"We lost track when we started to take our foot off the

gas a bit and started to think it was going to be a bit easier," Eller said Monday. "We were a top team, but once you take a per cent or two off of your effort, you lose games."

"And because of the system we play, all five men have to work together, and if we don't

do that, we're going to get exposed and scored on."

Opponents have been filling the Montreal net since the forwards stopped skating, the defence stopped winning battles and the goaltenders started waving at shots. They have been outscored 25-12 and

gone 1-4-0 since wrapping up a playoff spot with a win in Buffalo on April 11.

Goaltender Carey Price, who was lifted twice and let in 19 goals in that span, got most of the blame, but he wasn't helped by the listless teammates playing in front of him.

The Canadiens (27-12-5) will try to solidify home ice for at least the first round of playoffs and get their game back on track as they play Tuesday night in New Jersey, Thursday night in Winnipeg and end the regular season Saturday night in Toronto. **THE CANADIAN PRESS**

## MLB. Yankees' Cano denies report linking associate to Biogenesis clinic

New York Yankees second baseman Robinson Cano denied any involvement with a South Florida clinic under investigation by Major League Baseball after a report linked an associate of his to the facility.

ESPN reported Monday that the spokeswoman for Cano's foundation is listed as having been a client of Biogenesis of

America LLC, a now-closed anti-aging clinic in Coral Gables. She told ESPN she did not receive anything from the clinic and said Cano never did, either. Yankees third baseman Alex Rodriguez is also linked to clinic. The Miami New Times reported in January it had obtained files showing Rodriguez bought banned substances from the

facility. Rodriguez's spokesman has denied the allegations.

Before Monday night's game at Tampa Bay, Cano said he does not feel there is a need to contact Sonia Cruz, the spokeswoman for his foundation.

"It has nothing to do with me," Cano said. "I'm just going to keep playing my game."

THE ASSOCIATED PRESS



Robinson Cano in Tampa Bay on Monday night GETTY IMAGES





## United seal EPL title

Robin van Persie of Manchester United celebrates scoring his second goal with Wayne Rooney and Shinji Kagawa during their English Premier League match against Aston Villa on Monday in Manchester, England. Van Persie swept Manchester United to a record-extending 20th English league title, scoring a first-half hat trick in a 3-0 win as the runaway leaders wrapped up the championship with four games to spare. ALEX LIVESSEY/GETTY IMAGES

### Raptors wrap-up

## Colangelo talks coach, playoffs

Heading into an off-season of uncertainty, Bryan Colangelo said he was certain of two things: The Toronto Raptors will make a run for the playoffs next season, and if he's back as general manager Dwane Casey will remain his head coach.

Colangelo and Casey met with the Toronto media Monday, a few days after the Raptors (34-48) wrapped up their fifth consecutive season without a playoff appearance.

"I will take that squarely on my shoulders and say that is the new expectation going into next year," Colangelo said on playoff expectations.

Colangelo doesn't have a deal for next season, with the club holding an option on what would be his eighth year.

The GM said he believes his contract situation will be "resolved" within the next two or three weeks.

And if he returns, he said Casey will be back as well. **THE CANADIAN PRESS**

# James' versatility on display as Heat vie for title repeat

**NBA.** Miami superstar proving doubters wrong with unselfish play



LeBron James GETTY IMAGES

Long after just about every Miami Heat player left the practice court on Monday, LeBron James stayed behind for a three-point shooting contest against Ray Allen and Mario Chalmers.

He yelled. He trash-talked. And he won, getting to watch his teammates do 20 push-ups as his reward.

There is a certain irony in James staying on the court after practice to work on his shooting, especially since there are nights he controls games without looking to score. When he took 11 shots in an NBA finals game two years ago, he was a lightning

rod for criticism.

He made nine of 11 shots on Sunday in Miami's 110-87 win, finishing with 27 points and two assists shy of a triple-double. He's controlling the game in any number of ways,

and will try to continue doing so when the Heat and Bucks meet in Game 2 of the best-of-seven matchup on Tuesday night in Miami.

"The narrative has changed about him, about our team," Heat forward Shane Battier said. "A championship changes that. I don't think LeBron's changed. That's who LeBron is. LeBron's going to make the smart basketball play. He's going to make the right play. If that entails him taking 11 shots and we win, he's going to do it. If it entails him taking 30 shots, he's going to do it."

James will likely be named as the NBA's MVP for the fourth time in five seasons sometime in the not-too-distant future, and with each season, he still seems to be getting better.

**THE ASSOCIATED PRESS**

### Premier League

## Suarez pays the price for biting

Luis Suarez found himself in the familiar position of being an outcast on Monday, charged by the Football Association, fined by Liverpool, and rebuked by the government for biting an opponent a day earlier.

In a Premier League match broadcast globally on Sunday, Suarez bit Chelsea defender Branislav Ivanovic's arm. Although he escaped punishment during the game, Suarez now faces a lengthy ban from the Football Association who charged him with violent conduct on Monday.

Suarez has until Tuesday at 6 p.m. local time to respond to the charge.

Liverpool also moved swiftly to condemn and fine Suarez an undisclosed amount.

Suarez will not face a police investigation because Ivanovic said he did not want to press charges.

But Prime Minister David Cameron's office said it was "rightly a matter for the football authorities to consider."

**THE ASSOCIATED PRESS**

## MLB. Blue Jays' Dickey hasn't got time for the pain

Blue Jays right-hander R.A. Dickey expects to make his scheduled start on Tuesday against the Orioles despite being bothered by soreness in his neck and back.

Dickey was forced to leave his last start on April 18 after throwing six shutout innings against the Chicago White Sox.

The knuckleballer says he first experienced the injury in his previous start at Kansas City.

Before Toronto faced Baltimore on Monday, Dickey said, "I feel better than I did leading into my last start. I think we've given it enough rest and treatment."

Dickey skipped his bullpen session between starts, choosing to play catch on the side instead.

The 38-year-old wasn't sure how long he would last Tuesday, saying, "It tends to tighten up as the game goes along." **THE ASSOCIATED PRESS**



Toronto's R.A. Dickey says he's recovered from neck and back pain enough to return to action against Baltimore on Tuesday. CHRIS YOUNG/THE CANADIAN PRESS

### NBA

## NBA PLAYOFFS

### FIRST ROUND

(Best-of-7 series)

### EASTERN CONFERENCE

#### MIAMI (1) VS MILWAUKEE (8)

(Miami leads 1-0)

**Sunday's result**

Miami 110 Milwaukee 87

**Tuesday's game**

Milwaukee at Miami, 7:30 p.m.

#### NEW YORK (2) VS BOSTON (7)

(New York leads 1-0)

**Tuesday's game**

Boston at New York, 8 p.m.

#### INDIANA (3) VS ATLANTA (6)

(Indiana leads 1-0)

**Sunday's result**

Indiana 107 Atlanta 90

**Wednesday's game**

Atlanta at Indiana, 7:30 p.m.

#### BROOKLYN (4) VS CHICAGO (5)

(Brooklyn leads 1-0)

**Monday's result**

Chicago at Brooklyn

### WESTERN CONFERENCE

#### OKLAHOMA CITY (1) VS HOUSTON (8)

(Oklahoma City leads 1-0)

**Sunday's result**

Oklahoma City 120 Houston 91

**Wednesday's game**

Houston at Oklahoma City, 7 p.m.

#### SAN ANTONIO (1) VS L.A. LAKERS (7)

(San Antonio leads 1-0)

**Sunday's result**

San Antonio 91 L.A. Lakers 79

**Wednesday's game**

L.A. Lakers at San Antonio, 9:30 p.m.

#### DENVER (3) VS GOLDEN STATE (6)

(Denver leads series 1-0)

**Saturday's result**

Denver 97 Golden State 95

**Tuesday's game**

Golden State at Denver, 10:30 p.m.

#### L.A. CLIPPERS (4) VS MEMPHIS (5)

(L.A. Clippers leads 1-0)

**Monday's result**

Memphis at L.A. Clippers

### NHL

## EASTERN CONFERENCE

	GP	W	L	OL	SL	GF	GA	Pt
dx-Pittsburgh	44	34	10	0	0	150	108	68
dx-Boston	44	27	12	2	3	123	97	59
d-Washington	45	25	18	2	0	140	123	52
x-Montreal	45	27	13	3	2	139	120	59
x-Toronto	45	25	15	0	5	138	124	55
NY Islanders	45	24	16	4	1	134	131	53
Ottawa	44	23	15	2	4	108	96	52
NY Rangers	45	24	17	0	4	120	106	52
Winnipeg	45	23	19	0	3	121	134	49
New Jersey	45	17	18	3	7	106	121	44
Buffalo	45	19	20	2	4	118	138	44
Philadelphia	45	20	22	1	2	124	137	43
Carolina	45	18	24	2	1	118	145	39
Tampa Bay	45	17	24	1	3	140	141	38
Florida	45	13	26	5	1	104	162	32

## WESTERN CONFERENCE

	GP	W	L	OL	SL	GF	GA	Pt
dx-Chicago	44	34	5	0	5	146	94	73
dx-Anaheim	45	28	11	3	3	131	112	62
dx-Vancouver	45	25	13	1	6	121	110	57
x-Los Angeles	45	26	14	1	4	128	111	57
San Jose	45	24	14	3	4	118	109	55
St. Louis	45	26	17	1	1	119	112	54
Minnesota	45	24	18	1	2	116	119	51
Columbus	46	22	17	3	4	114	117	51
Detroit	44	20	16	3	5	109	112	48
Dallas	45	22	19	3	1	127	133	48
Phoenix	44	19	17	3	5	114	118	46
Calgary	45	19	22	1	3	123	149	42
Edmonton	44	17	20	4	3	111	124	41
Nashville	45	15	21	3	6	104	128	39
Colorado	45	15	23	5	2	109	142	37

x - clinched playoff berth; y - division; z - conference.

### Monday's results

Winnipeg at Buffalo

Pittsburgh at Ottawa

Phoenix at Detroit

Anaheim at Edmonton

Chicago at Vancouver

### Sunday's results

Anaheim 3 Edmonton 1

Calgary 4 Minnesota 1

Columbus 4 San Jose 3

Carolina 3 Tampa Bay 2

Colorado 5 St. Louis 3

Los Angeles 4 Dallas 3 (OT)

NY Rangers 4 New Jersey 1

Boston 3 Florida 0

### MLB

## AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	12	6	.667	—
New York	10	7	.588	1½
Baltimore	10	8	.556	2
Tampa Bay	8	10	.444	4
Toronto	8	11	.421	4½
CENTRAL DIVISION				
	W	L	Pct	GB
Kansas City	10	7	.588	—
Minnesota	8	7	.533	1
Detroit	9	9	.500	1½
Cleveland	7	10	.412	3
Chicago	7	11	.389	3½
WEST DIVISION				
	W	L	Pct	GB
Texas	12	6	.667	—
Oakland	12	7	.632	½
Los Angeles	7	10	.412	4½
Seattle	7	13	.350	6
Houston	5	13	.278	7

Monday's results				
Oakland at Baltimore				
Toronto at Baltimore				
N.Y. Yankees at Tampa Bay				
Cleveland at Chicago White Sox				
Seattle at Houston				
Texas at L.A. Angels				

Sunday's results				
Toronto 8 N.Y. Yankees 4				
Minnesota 5 Chicago White Sox 3				
L.A. Angels 4 Detroit 3 (13 inn.)				
Kansas City 4 Boston 2				
Kansas City 5 Boston 4 (10 inn.)				
Texas 11 Seattle 3				
Tampa Bay 8 Oakland 1				
Cleveland 5 Houston 4				
L.A. Dodgers 7 Baltimore 4				

Monday's results				
Pittsburgh at Philadelphia				
St. Louis at Washington				
Chicago Cubs at Cincinnati				
Miami at Minnesota, ppd., rain				
Atlanta at Colorado, ppd., snow				
Milwaukee at San Diego				
Arizona at San Francisco				

Tuesday's results				
Pittsburgh at Philadelphia				
St. Louis at Washington				
Chicago Cubs at Cincinnati				
Miami at Minnesota, ppd., rain				
Atlanta at Colorado, ppd., snow				
Milwaukee at San Diego				
Arizona at San Francisco				

Wednesday's results				
Pittsburgh at Philadelphia				
St. Louis at Washington				
Chicago Cubs at Cincinnati				
Miami at Minnesota, ppd., rain				
Atlanta at Colorado, ppd., snow				
Milwaukee at San Diego				
Arizona at San Francisco				

Thursday's results				
Pittsburgh at Philadelphia				
St. Louis at Washington				
Chicago Cubs at Cincinnati				
Miami at Minnesota, ppd., rain				
Atlanta at Colorado, ppd., snow				
Milwaukee at San Diego				
Arizona at San Francisco				

Friday's results				
Pittsburgh at Philadelphia				
St. Louis at Washington				
Chicago Cubs at Cincinnati				
Miami at Minnesota, ppd., rain				
Atlanta at Colorado, ppd., snow				
Milwaukee at San Diego				
Arizona at San Francisco				



## Horoscopes

### Aries

March 21 - April 20

You don't have to be perfect and you certainly don't have to live up to standards that other people set for you. The message of the stars this week is to be yourself.

### Taurus

April 21 - May 21

You'll be in an impulsive mood today, both in your personal life and at work, but is that such a bad thing?

### Gemini

May 22 - June 21

You may now be wondering if some of the plans you made earlier in the year were a bit optimistic. If so there is no need to criticize yourself for it, all you have to do is change them slightly. Much is still possible.

### Cancer

June 22 - July 23

There is something you are desperate to say, something that has been nagging away at you for ages. Then say it and get it over with. Yes, you may well antagonize a few people but that's their fault not yours.

### Leo

July 24 - Aug. 23

The Sun in Taurus brings out the cautious side of your nature, especially at work where you may be reluctant to say or do things that could rock the boat. It's a wise choice: the seas are a bit choppy at the moment.

### Virgo

Aug. 24 - Sept. 23

Fact and fantasy are not so far apart that you can't find ways to link them. If you are creative by nature – and most Virgos are – use your imagination to envision a new future for yourself – then make it happen.

### Libra

Sept. 24 - Oct. 23

You may want to heal a rift of some kind but if you try to be nice your rivals will see it as a sign of weakness and redouble their efforts to make you look bad. Some rifts are meant to be.

### Scorpio

Oct. 24 - Nov. 22

It may be tempting to keep your head down and stay off the radar this week but if you take that route you will miss an opportunity to change your environment for the better. You can't opt out of life.

### Sagittarius

Nov. 23 - Dec. 21

No doubt your head is full of wonderful ideas but make sure they are grounded in reality. Optimism is a wonderful thing but too much of the stuff can have negative consequences.

### Capricorn

Dec. 22 - Jan. 20

What you need to recognize is that different people have different personalities and therefore different ways of doing things.

### Aquarius

Jan. 21 - Feb. 19

The next few days are going to be challenging but that's okay because you will come out of it stronger and wiser. Thursday's eclipse will bring a work-related matter to a head. Promise yourself you'll stay calm.

### Pisces

Feb. 20 - March 20

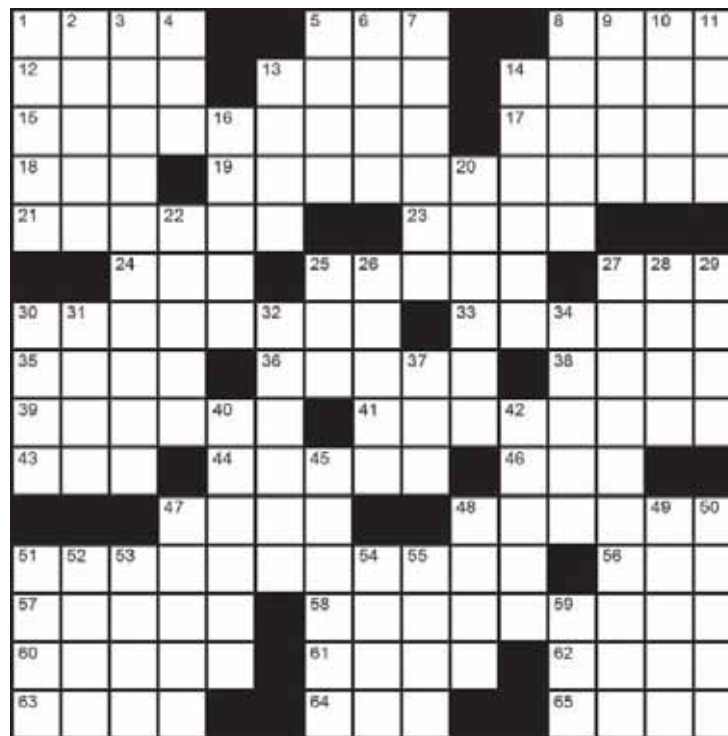
If something that has been going well for you now starts to go wrong don't worry too much. Take it as a sign to just leave it alone for a bit and by the end of the week you can pick up where you left off.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

- Invitation letters
- Flier to Narita Intl. Airport
- Tom Cruise movie
- Time Machine people
- Prefix to 'mal', as 0.25
- Person being quoted
- Plastic surgery procedures
- Web memo, -
- "Let's call \_\_\_ day."
- Way to sell products on TV
- Directions: "Can you \_\_\_ how to..."
- Radiate
- Taxi
- Doing words
- "Rain \_\_\_" (1988)
- Sandra Bullock is Canadian in "The \_\_\_" (2009)
- Tart-tasting
- Grazing grasslands
- Intense
- Early filmmaker, Thomas H. \_\_\_
- Upward move
- Canada's most northerly highway
- Utmost, numbers-wise
- Inner's opposite
- Brain scan, for
- short
- Small obi accessory
- Rescuers
- 13th PM, John \_\_\_
- Soldier's food-in-a-packet [acronym]
- "Monster- \_\_\_" (2005)
- \_\_\_ Island, Nunavut
- Parts of windows
- Early-'80s hit: "Just the Two \_\_\_"
- 1982 Sci-Fi flick starring Jeff Bridges
- \_\_\_ (Retro advertised-on-TV record co.)
- St. Louis footballer
- Opera \_\_\_ Ottawa



(Professional opera company)

### Down

- Install anew
- Fred Flintstone's boss, Mr. \_\_\_
- Pro helping a singer: 2 wds.
- Apple \_\_\_
- Actor Mr. Daniels
- X-\_\_\_ knife
- Group of Seven member, Arthur \_\_\_ (b.1885 - d.1969)
- Touch of colour
- "Bonne Fete \_\_\_..."
- Ms. Wilson of "La Femme Nikita"
- Cover the falcon's

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



- eyes  
13. Sup  
14. Cherry: French  
16. \_\_\_ stick  
20. Symbol  
22. Expire  
25. Central-\_\_\_  
26. Dodge  
27. PEI novelist, Lucy Maud \_\_\_ (b.1874 - d.1942)  
28. 'Appear' suffix  
29. Big Apple denizen  
30. Agenda  
31. Inactivity  
32. Ringed planet  
34. Scrooge  
37. Gerard \_\_\_ Borch (Dutch painter)  
40. There's nothing to report: 2 wds.  
42. Equals  
45. "\_\_\_ not..." (Hamlet's 'question' soliloquy)  
47. Patsy Cline's "\_\_\_ to Pieces"  
48. Haws partners  
49. Mistake  
50. "I've Just \_\_\_ Face" by The Beatles  
51. Frisbee, for one [var. sp.]  
52. The 'J.' of Michael J. Fox, for short  
53. Modelling's Ms. Macpherson  
54. Code for letters A, B, C: \_\_\_, Bravo, Charlie  
55. Heidi of "Project Runway"  
59. Habs, on scoreboards



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Check the 14 day trend.

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